



A FEAST FOR MY FAMILY

**Your
family photo
here**



My Healthy Family . . .

Favorite Fruits and Vegetables

Mine:

_____:

_____:

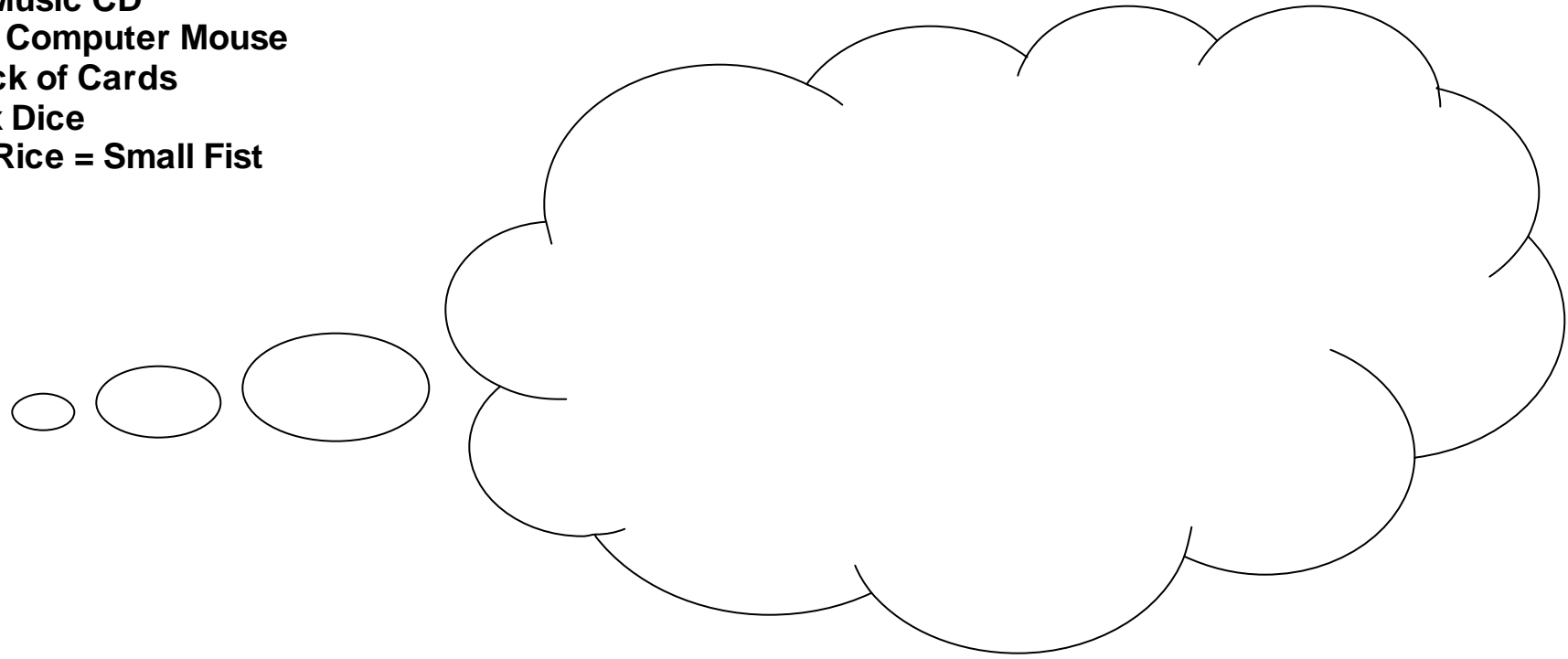
_____:

Did You Know?

Busy adults and children need lots of energy. Eating 5 or more servings of fresh fruits and vegetables each day is a tasty, colorful way to keep your energy level up! And it's low fat, low calorie, low preparation time as well as high in vitamins and minerals.

So, What Does A Serving Look Like?

Medium Apple or Orange = A Tennis Ball
Pancake or Waffle = A Music CD
Small Baked Potato = A Computer Mouse
Serving of Meat = A Deck of Cards
Serving of Cheese = Six Dice
Cooked Cereal, Pasta, Rice = Small Fist



Did You Know? There are two jobs when it comes to feeding kids . . . parents offer healthy, nutritious food to their children at regular meal and snack times, and children decide how much to eat! Try offering smaller meals with healthy snacks!

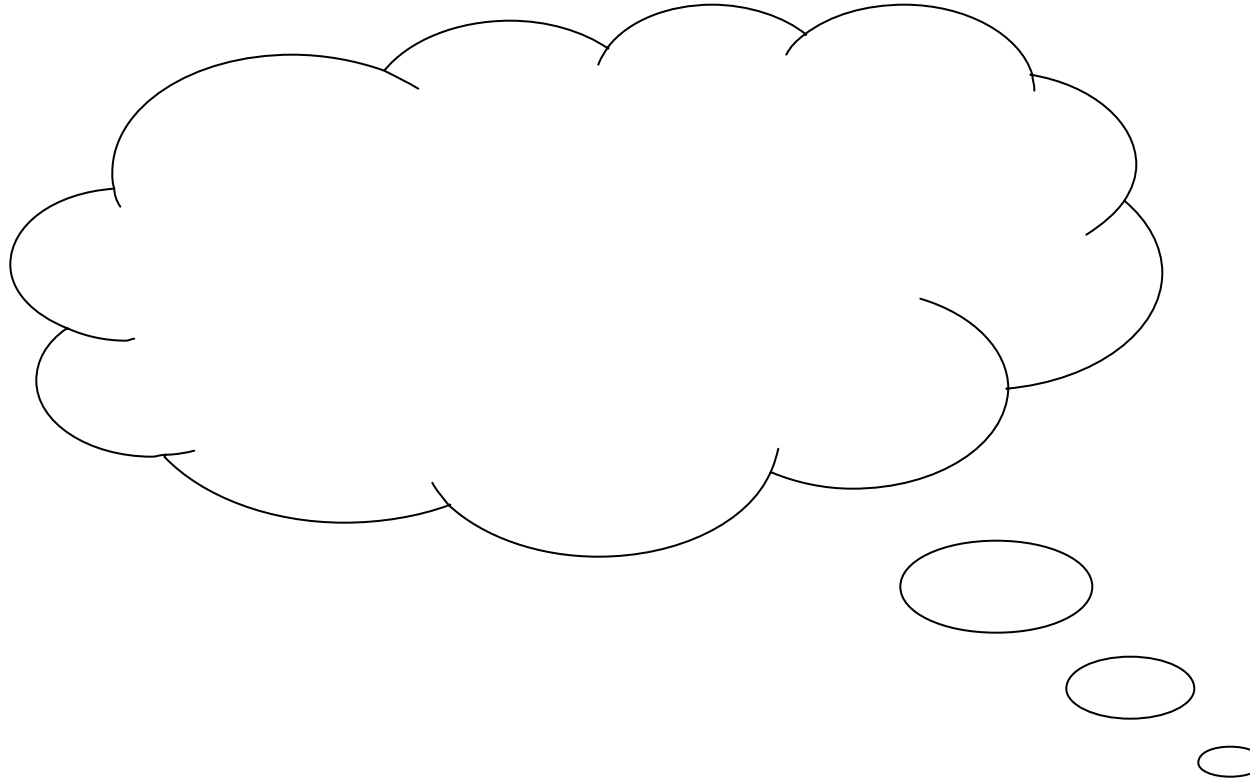
Family Fun – Games We Play

Outside

Inside

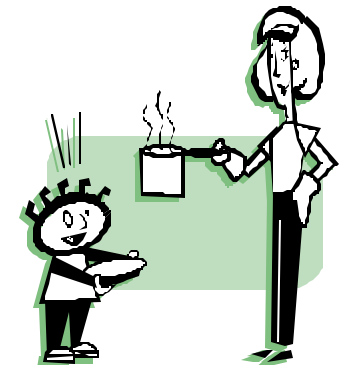
Did You Know? When kids spend less than two hours in front of a screen (TV, videogame, computer) each day, they are less likely to crave sugary, high-fat foods and more likely to use their imagination and bodies for physical play. Great indoor games include hide-n-seek, a hallway obstacle course, and bubble catching. Safe outdoor games include jump roping, hopscotch, tag, and walking the dog.

Something New? And Someone's Blue? What Can I Do?



Did You Know?

Children say “no” to new foods on an average of 10 times before they finally decide to try a taste? And adults that had to try new foods as children tend to be less willing to try new foods as adults. Encourage children to try new foods, but don't force them!



Seriously

- ❑ Life Is Busy,
- ❑ Food Costs, and
- ❑ Time Is Short –

Now What?





What Can I Imagine Doing With My Family?

- ❑ Think more about eating fruits and vegetables
- ❑ Play tag with my family before dinner
- ❑ Give each family member the chance to choose a fruit and vegetable we all try each week
- ❑ Walk to the store with my family to buy fruits and vegetables
- ❑ Add a fruit or vegetable to every meal
- ❑ Dance with my family to silly songs
- ❑ Offer fresh fruits and vegetables as snacks
- ❑ Retry fruits and vegetable favorites in new ways
- ❑ _____
- ❑ _____

Did You Know?
It takes three weeks to get comfortable
With new ways of doing things?

Checking In . . . How's It Going?

Favorite Food Color In Our Home: _____

New Foods We Tried: _____

What Made It Hard?

What Worked Well?

Housework Counts . . . Yard Work, Too!



Make It Fun!

- Add music with a beat
- Race to the finish
- Have a healthy, tasty treat
- _____
- _____
- _____

Did You Know? Young kids love to do what you do. So, get them up and moving by doing small household tasks. 3-year olds can wipe table tops, scrub and rinse fruits and vegetables, snap green beans, and put things in the trash. 4-year olds fold clothes, help with the dishes, put groceries away – and you can help them be physically active, too.

~ Interesting Nibbles ~

- ✓ Three fast food cheeseburgers, small fries, and chocolate milk cost about \$10.

BUT

- ✓ Three helpings of vegetable soup, apples, crackers and milk cost about \$5.



- Kids love to help in the kitchen and they really love to spend time with you!

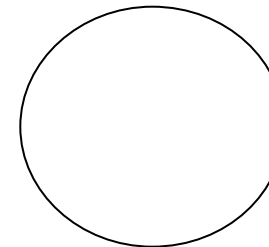
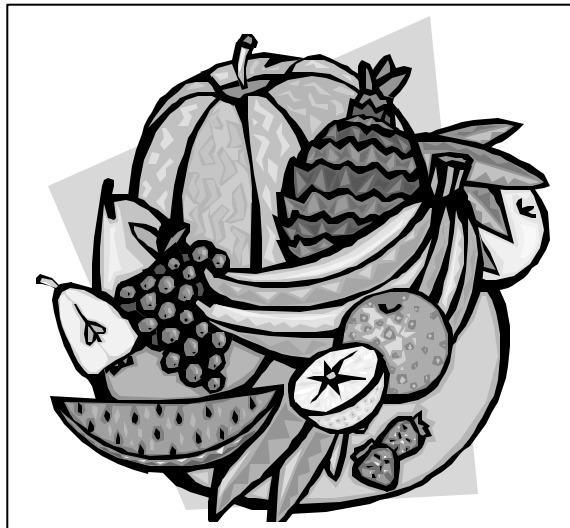
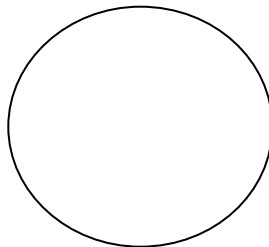
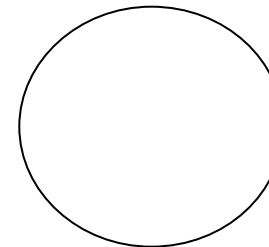
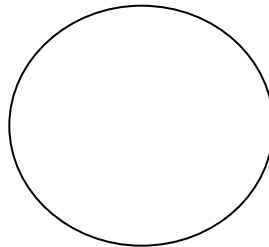
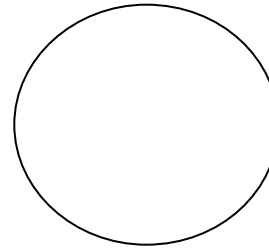
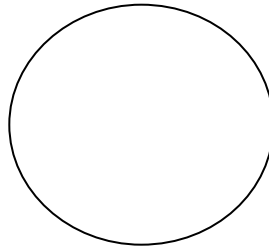
AND

- Families that eat together are healthier and say they feel better about themselves and each other.



Checking In . . .

What Colors of the Rainbow Did You Eat Today?



5-A-Day . . . With a Little Play

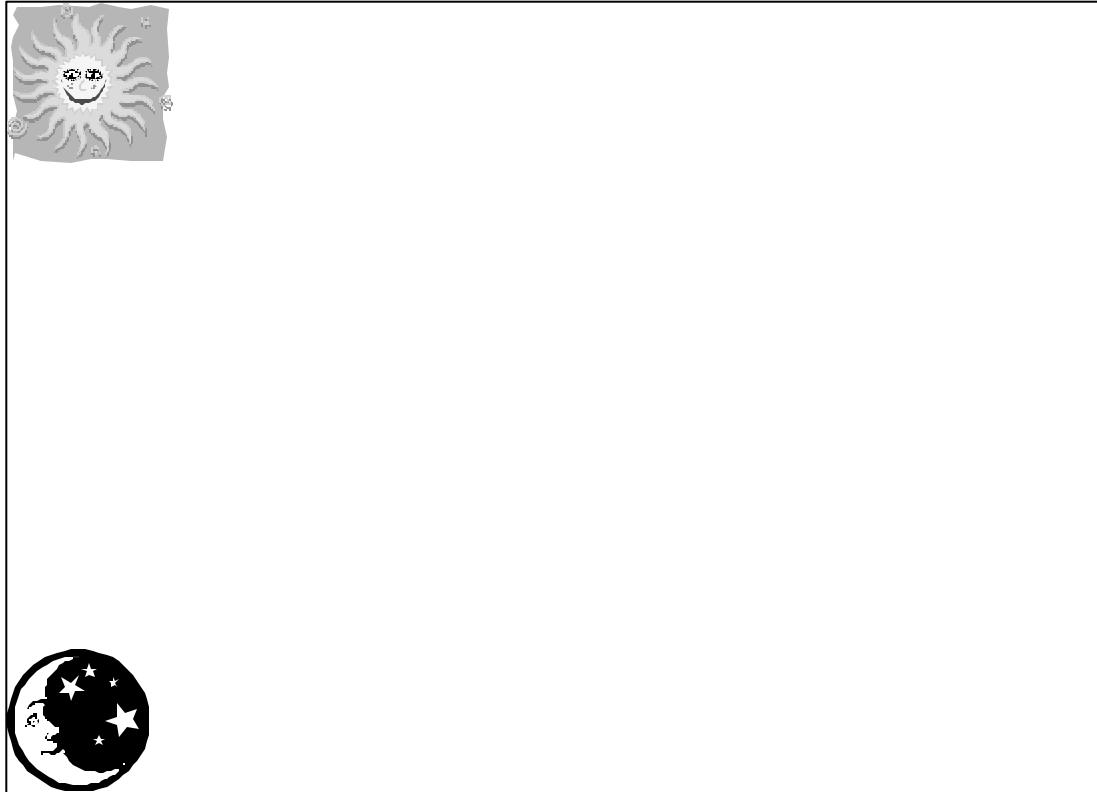
- 5-7 Eat a tree– broccoli and asparagus spears!
- Sail away on a banana boat!
- Silly Smiles . . . a small orange sliced into pieces that grin at you
- Ants on a Log–celery with peanut butter and raisins



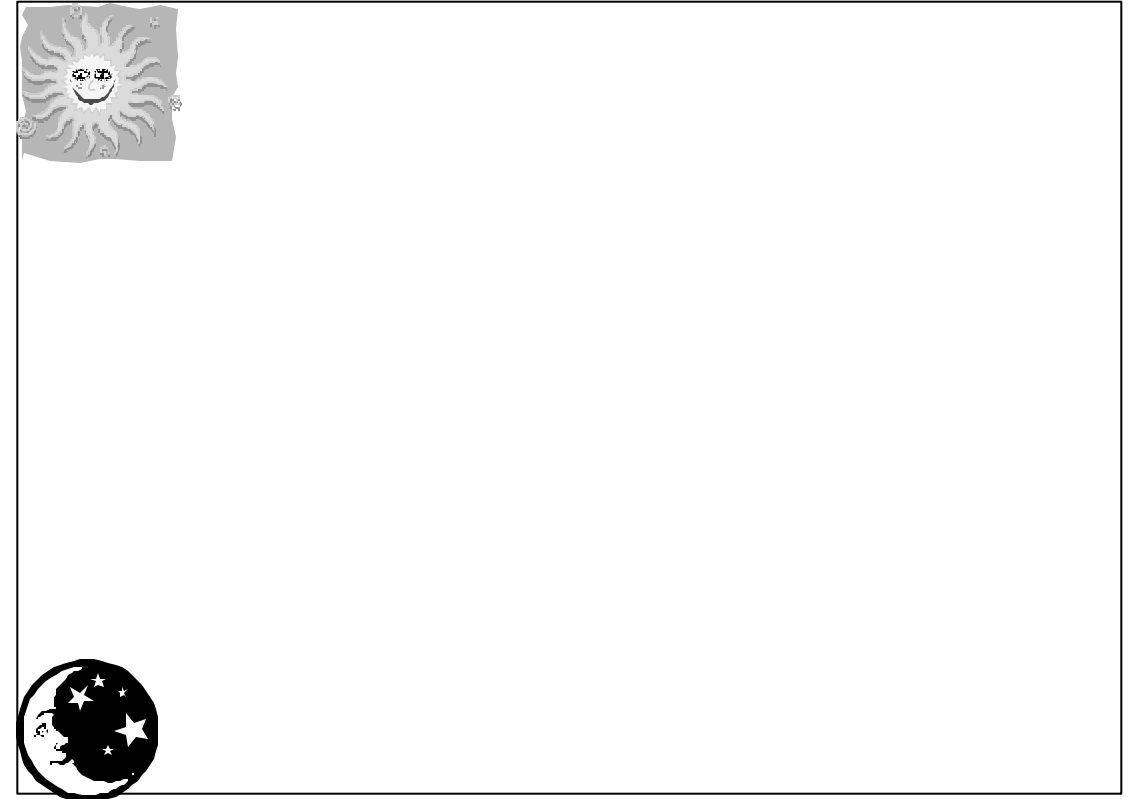
Ideas I Have For Fun, Family Meals . . .

Physical Activity: How Can I Fit It In?

What Am I Doing Now?

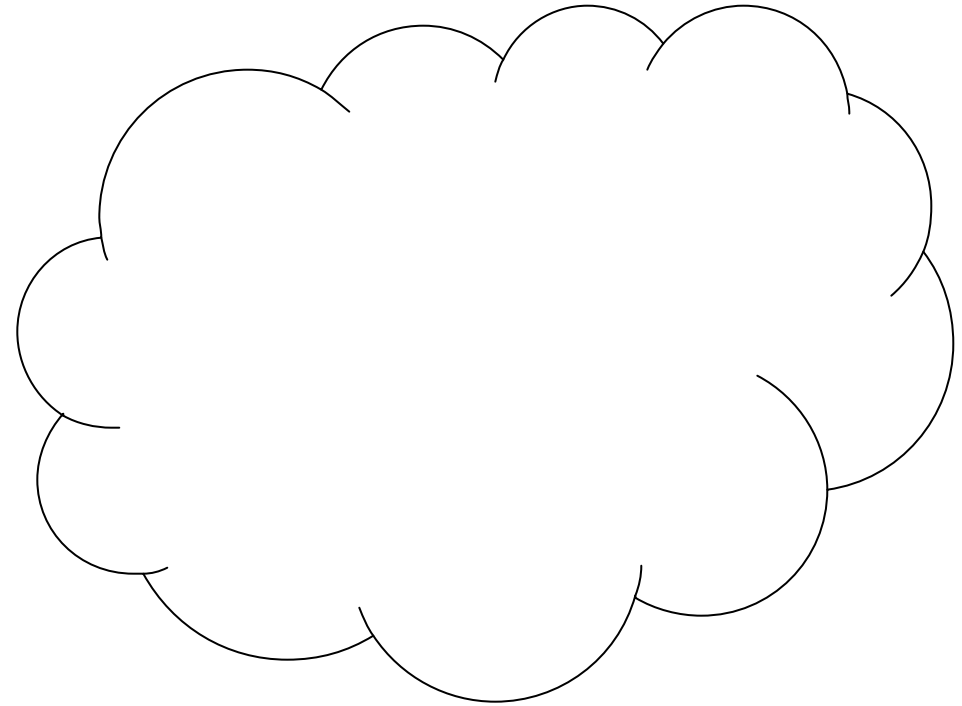
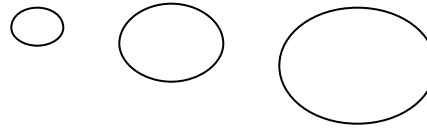
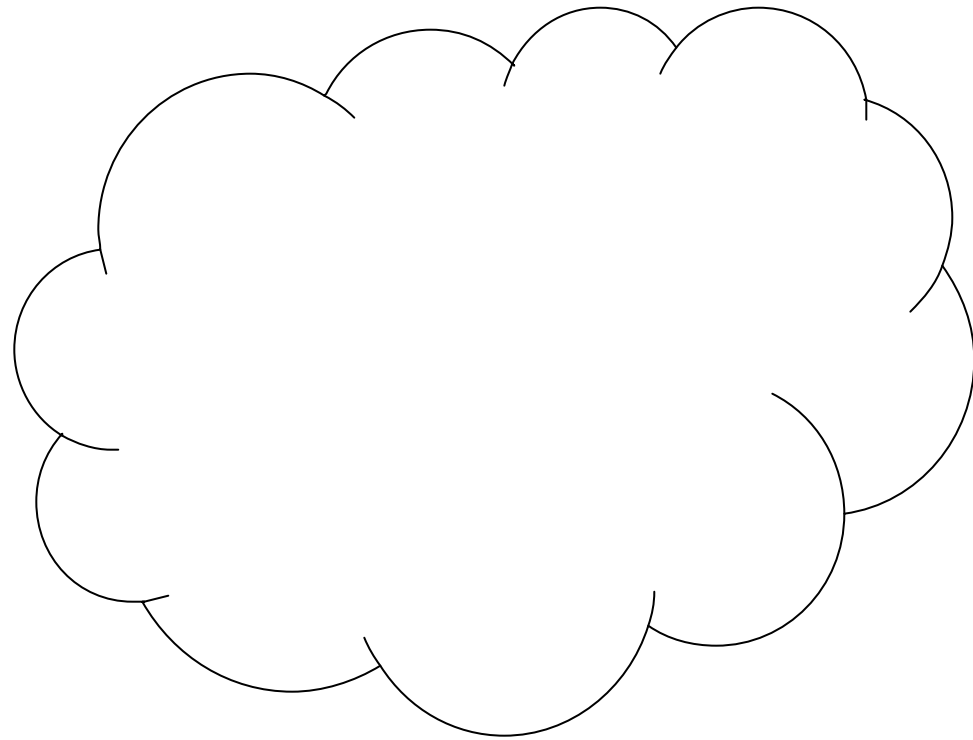


What Can I Add?

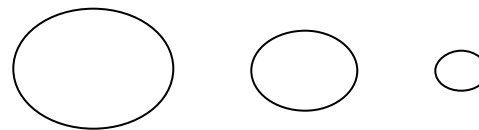


Did You Know? Take it slow and easy while you build up to 30 minutes each day. Pain is not gain!
Check with your doctor, too!

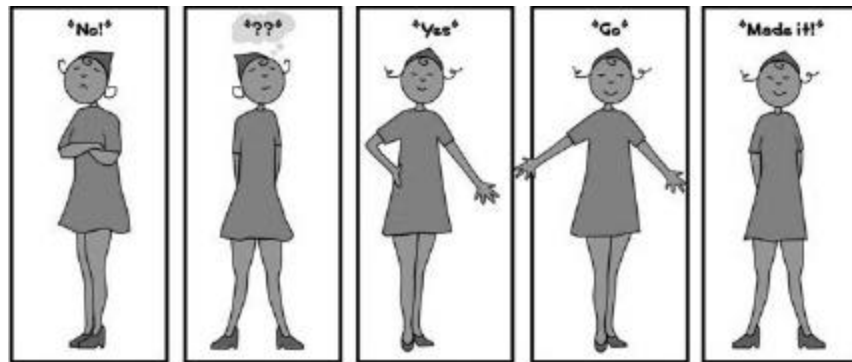
**What My Family
Likes Best
About Eating
Fruits and Vegetables**



**What My Family
Finds the Hardest
About Eating
Fruits and Vegetables**



Checking In . . . How's It Going?



My Point of View

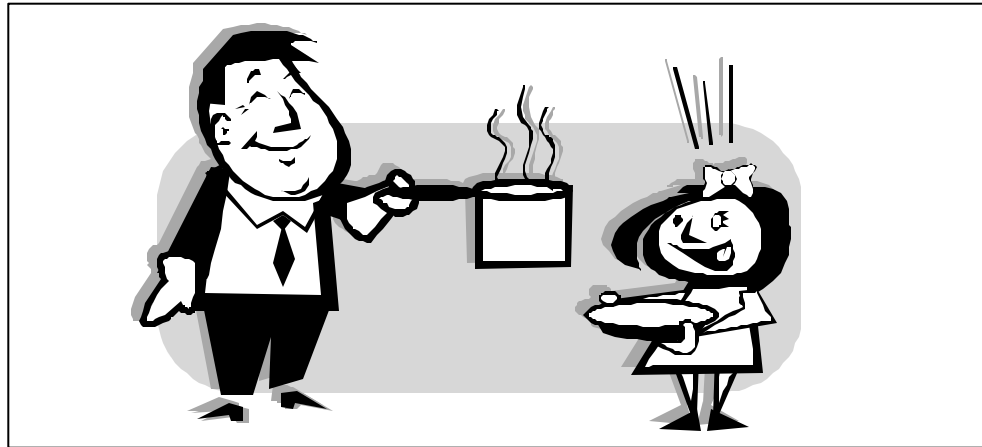
5-A-Day . . . Okay! What About Other Foods?



Adapted from the Mayo Clinic Healthy Weight Pyramid, http://www.mayo.edu/comm/mcr/news_1393.html, USDA Approved

Did You Know? Child-Sized portion sizes and servings are different than what adults need. For example, kids from 2-6 years of age need 2 servings of milk, 2 servings of meat, 3 servings of vegetables, 2 servings of fruits, and 6 servings of grains.

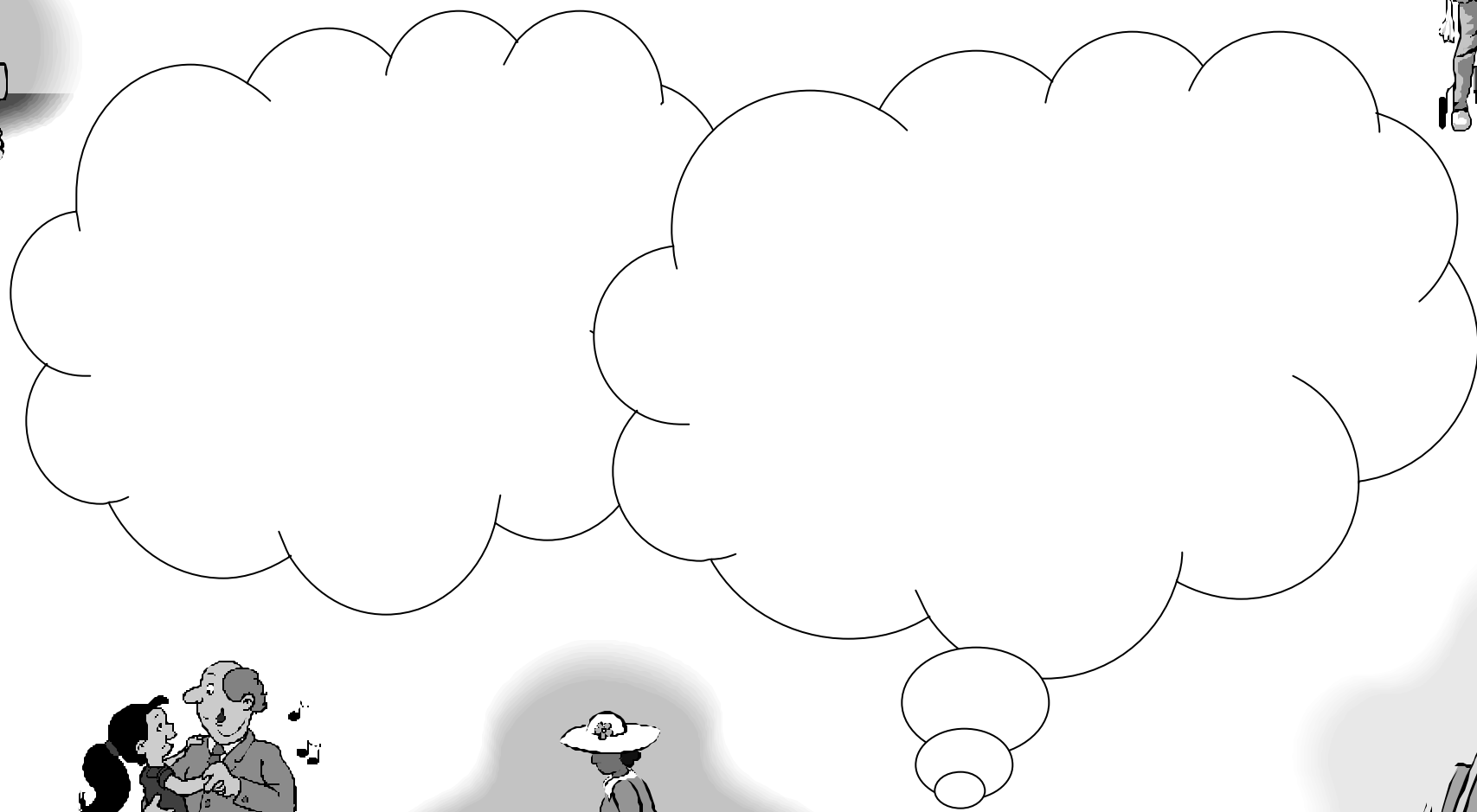
May I Have More, Please?



Did You Know? Children are more likely to try foods that are new when they are served with foods they already know and like ~



Physical Activity – What Do You Do?



My Ideas...

Physical Family Fun Outside the Home!

Where Do You Like to Go?

In Our Neighborhood:

In Our Town:

At Our School:

Other places we go:



Our Family's Favorite Recipe

Some More Ideas for Families to Consider:

Websites to Explore:

http://www.5aday.com/html/kids/kids_home.php

<http://www.barrenriverhealth.org/fiveaday/frequentlyaskedquestions.htm>

<http://www.nutritionexplorations.org/kids/activities-main.asp>

Books My Library Might Have:

I Will Never NOT EVER Eat A Tomato - Lauren Child

Jump, Frog, Jump - Robert Kalan

The Ugly Vegetables - Grace Lin

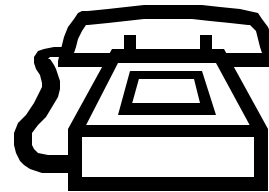
Barnyard Dance - Sandra Boynton

My Own Ideas:

**These materials were developed
through federal funds from the USDA Basic Food Program
and the state of Washington's
Department of Community, Trade and Economic Development.**



**The Basic Food Nutrition and Education Plan (BFNEP) for Washington State
can help qualifying families secure nutrition assistance and education.**



**For more information, call: 1-877-980-9220
or on-line at: https://wvs2.wa.gov/dshs/onlineapp/introduction_1.asp**